



Loss & Grief

Life Interrupted!

When Life is Disrupted

The path we walk is not an easy one.

Our shared condition is one of anxiety.

We may feel the loss of our normal life.

We're sitting backwards on a moving train.

Impermanence

"You can never step in the same river twice."

-Heraclitus

(All things are impermanent!)



We struggle, not because things are
impermanent, but because we want
them to be permanent.

Loss

Change of utmost challenge!

- We don't want what we have.
- We don't have what we want.
- We have what we want, but are not able to keep it.

Grief

Our personal reaction to loss

Grief

The “STUFF” of Life!

Living in the space between grieving the loss of others, and
others grieving the loss of you.

Living in the space that we never would have asked for.

Six Myths of Grief

1. Don't feel bad!

- “He/she is in a better place.”
- “God has a plan, and works in mysterious ways.”

It's okay, and helpful, to feel bad.

Six Myths of Grief

2. Replace the loss!

– “You can always get a new dog.”

We cannot replace what we've lost.

Six Myths of Loss

3. Grieve alone....don't burden others.

Solitude is a choice; Isolation is not!

Deadly consequences!

Heart attacks up 250% higher after

Six Myths of Grief

4. The myth of closure.

“Time heals all wounds.”

Coming to terms with what was left undone.

Coming to terms with what was left unsaid.

Shutting off.....or.....integrating the “new normal”

Six Myths of Grief

5. I gotta be strong for others.

Hiding emotions.

The gift of tears.....grief needs to come out.

Six Myths of Grief

6. I gotta keep busy.

Getting back to work.

Exercise addiction.

Making time & space to process.....
..... and getting to know the “new you.”

Grief Happens!

- It's normal.....
- Know it.....
- Let it in.....breathe into it.....



When Grief Happens.....

Talk.....

.....and don't screw down the armor!

I have my grief, but my grief does not have me!"

- Peter Gabriel

When Helping Others

When you are working with people who are suffering loss.....or, when you personally experience loss.....or both:

How does it affect your life?

How does it affect your work?

Balancing Act

How do you keep an open heart,
while also protecting it?

SBNRR

Stop

Breathe

Note

Reflect

Respond



Self-Care

Protecting Our Own Well-Being

(when life is disrupted)

Self Care

- Daily activities or practices, that we
- Engage in on a regular basis,
for the purpose of
- Reducing our stress & enhancing our well-being.

Holistic View of Well-Being

Physical (bodily comfort)

Mental (mental ease)

Emotional (emotional balance)

Social (connectedness)

A wide-angle photograph of a calm, deep blue ocean stretching to the horizon. The sky is a clear, vibrant blue with some wispy white clouds near the horizon. On the far left, a bright rainbow is visible, its colors reflecting on the water's surface. The text "What is it like to be me?" is centered in the upper half of the image in a white, sans-serif font.

What is it like to be me?

Signs of Healing

- Undeniable Impermanence!
- Myth of Closure!
- Joy and Pain are Compatible!
- Pain happens to you.....Suffering is what you do with it!
- Loving Kindness.....for yourself & others



“People may forget what you say, and
people may forget what you do.....
but

they never forget how you make them feel.”

-Maya Angelou



Listen to the Hummingbird



With Gratitude!

Wayne Tormala

Chief, Arizona Department of Health Services
Bureau of Chronic Disease & Health Promotions

wayne.tormala@azdhs.gov